



## Winter Schedule (November-March)

|      | Member                     | Spouse                     | Dependents                                     | 1 Guest                                | 2 or More Guests                              | Spouse Practice | Outside Groups                             |
|------|----------------------------|----------------------------|--|--|---|-----------------|--|
| MON  | 10:00 a.m.<br>Unrestricted | 10:00 a.m.<br>Unrestricted | 10:00 a.m.<br>Unrestricted                     | Unrestricted<br>All Day                | Unrestricted<br>All day                       | 9:00 a.m.       | After 12:00 p.m.                           |
| TUE  | Male<br>10:00 a.m.         | Male<br>After 10:00 a.m.   | After 1:00 p.m.                                | Male<br>After 10:00 a.m.               | Male<br>10:00 a.m.-12:00pm<br>After 1:00 p.m. | Unrestricted    | Head Professional's<br>Discretion          |
|      | Female<br>Unrestricted     | Female<br>Unrestricted     | Practice<br>Unrestricted                       | Female<br>Unrestricted                 | Female<br>Unrestricted                        |                 |  |
| WED  | Male<br>Unrestricted       | Male<br>Unrestricted       | Unrestricted                                   | Unrestricted                           | Before 12:00 p.m.<br>or<br>After 1:00 p.m.    | Unrestricted    | Before 9:00 a.m.<br>or<br>After 12:30 p.m. |
|      | Female<br>Unrestricted     | Female<br>Unrestricted     |  | Unrestricted                           |   |                 |  |
| THUR | Male<br>Unrestricted       | Male<br>Unrestricted       | After 2:00 p.m.                                | Male<br>Unrestricted                   | Male<br>Before 11:30 a.m.<br>After 1:00 p.m.  | Unrestricted    | Head Professional's<br>Discretion          |
|      | Female<br>After 2:00 p.m.  | Female<br>After 2:00 p.m.  | Practice<br>Unrestricted                       | Female<br>After 2:00 p.m.              | Female<br>After 2:00 p.m.                     |                 |  |
| FRI  | Unrestricted               | Unrestricted               | Unrestricted                                   | Unrestricted                           | Before 11:00 a.m.<br>After 12:30 p.m.         | Unrestricted    | ** 8:00-11:00 a.m.<br>and 12:30 p.m.       |
| SAT  | Unrestricted               | After 9:30 a.m.            | 10:30 a.m.                                     | Unrestricted<br>No Gender Restrictions | After 9:30 a.m.<br>No gender Restrictions     | Unrestricted    | After 12:30 p.m.                           |
|      |                            |                            | Practice<br>Unrestricted                       |  |   |                 |  |
| SUN  | Unrestricted               | After 9:30 a.m.            | 7:00 a.m.<br>* Unrestricted<br>after 9:00 a.m. | Unrestricted<br>No Gender Restrictions | After 9:30 a.m.<br>No gender Restrictions     | Unrestricted    | Head Professional's<br>Discretion          |
|      |                            |                            | Practice at 10:00 a.m.                         |  |   |                 |  |

\* Restricted to Dependents with an established GHIN Handicap of 24 or less

\*\* No more than three (3) outside groups on the day before an Oregon home football game